

Health and Wellness Committee Meeting Minutes

Tuesday, May 3, 2016

3-4:30pm

George R. Hanaford School Library

In attendance: Nancy Day, Michelle Edwards, Rose Emilio, Carolyn Mark, Erin Parker, Susan Riley, Yan Sun, Cheryl Vaughn

I. Welcome/Introductions

- Carolyn Mark filled the group in on what the Mental Health Subcommittee had planned for Mental Health Awareness Month, including a twitter campaign, a mental health fair and yoga classes at the high school, and parent awareness nights at Cole and at the elementary school level.
- Mrs. Vaughn requested that the issue of sun safety be included in a future agenda. A grant opportunity exists to put shade structures on playgrounds in the district, but the eligibility rules require that school districts have a sun safe program in place for at least a year before a school would be eligible to apply.

II. RI Kids Count Fact Book Breakfast

- Carolyn Mark attended the breakfast, and brought the Fact Book to the meeting for folks to see. It includes state-wide and town-specific data, and is available for review [here](#).

III. Debrief from Community Forum on School Meals, and Determine Next Steps: Group Feedback

- Consensus that the forum went very well. While it would have been great to have more people in attendance, the event was videotaped so more could view the panel discussion.
- People like the idea of the H&W Committee hosting an annual forum on various wellness topics
- People are very excited about the possibility of partnering with Farm Fresh RI for tastings at all 6 schools in the 2016-17 school year.
- There is interest in creating a fact sheet that would include many of the questions and answers that were discussed at the forum. This fact sheet could be posted on the district website in a newly designed School Meals Program tab. Topics to be included: how to limit food choices (e.g.. chocolate milk), availability of dietary accommodations, etc. Use positive comments/observations to celebrate/market the program.

- Grant opportunities that can support this work were discussed: Fuel Up To Play, RIDE fresh fruit and vegetable grant, Project Produce, PHIT America, etc. Aramark and Central Office are pursuing some - need to prioritize others and decide how to proceed.
- The group discussed that it would be great for Aramark to have a table at school open houses so people can learn more about what's going on and ask questions.

IV. H&W policy reference guide and rollout

- The group reviewed the latest draft and feedback received. With some final adjustments, the draft will be presented at the next Admin Council meeting for feedback. The guide will be finalized over the summer, and rolled out to administrators, teachers and staff in the fall.

V. Indoor recess toolkit

- Draft google doc has been created and will be shared with Admin Council for input before rolling it out in the next school year.
- Nancy Day introduced the idea of oversized fuzzy dice that can be used to help teachers and students pick activities for indoor recess and classroom physical activity breaks. Each side of the dice could be a pocket making it easy to swap out the choices for the week, which the students can also help to identify.

VI. Staff Wellness

- Rose Emilio will be working this summer to identify wellness opportunities through local businesses that might be made available at a reduced rate for EG staff.

VII. RI Health Schools Coalition

- The RIHSC has released an updated Wellness Tool. The H&W committee discussed using this assessment at the end of the next school year, and conducting full assessments in all six schools every other year.

VIII. Review Action Items and Adjourn

- Carolyn, Michelle and Derek to work on updates to website regarding the School Meals Program
- Michelle to follow up re: Project Produce and ability to obtain milk substitutes (soy, almond, etc.)
- Promotional videos to be completed over the summer
- Staff wellness opportunities to be identified over the summer
- Nancy to forward grant opportunity to Dom Giusti and Cheryl Vaughn